

» WANT MORE SOCCER?

Video and slideshow
from the UNC game at
breezejmu.org.

» PAUL RYAN RECAP.

For a story, video and photos
from his speech tomorrow,
visit breezejmu.org.

Sunny ■ 81°/ 54°
chance of precipitation: 0%

Serving James Madison University Since 1922



Vol. 91, No. 6

Thursday, September 13, 2012

RISING DUKES DETHRONE NO. 1 UNC



COREY CROWE / THE BREEZE

By **WAYNE EPPS JR.**
contributing writer

In one fell swoop, the Dukes handed a defending national champion its first loss in 16 games and extended JMU's unbeaten home streak to 14 on Tuesday.

Redshirt senior midfielder Christian McLaughlin scored on a penalty kick in the 42nd minute to give the Dukes the 1-0 advantage against University of North Carolina-Chapel Hill. Some fans stormed University Park when the game concluded to celebrate with the team, while others took photos of the scoreboard to mark the accomplishment.

The game drew a full capacity crowd of 1,531 equipped with thunder sticks to create a boisterous atmosphere, and had student-only standing areas behind each goal to accommodate more fans. The evening also featured a pre-game tailgate for fans.

If the team wins in their next home game on Saturday, it will have the longest home unbeaten streak in team history. The last time the Dukes went unbeaten in 14 straight home games was in the 2003-04 seasons.

Coming into the matchup, UNC's own unbeaten streak was the longest in team history. This season, the Tar Heels were 4-0 with wins against Gardner-Webb, West Virginia, Boston University and Virginia Tech. The team outscored opponents 9-1 in those games.

JMU's defense kept UNC's offense at bay, making it tough for the opponent to find the back of the goal. The Tar Heels got off seven shots for the game and earned eight corner kicks. UNC's senior midfielder Martin Murphy and junior forward Andy Craven combined for six goals coming in, but they were held under control Tuesday. JMU's red-shirt junior goalkeeper Colin Newcity had



MATT SCHMACHTENBERG / THE BREEZE

TOP A penalty kick by midfielder Christian McLaughlin 42 minutes in was the decisive score of Saturday's game against University of Carolina-Chapel Hill. **BOTTOM** Goalkeeper Colin Newcity kept the Tar Heels scoreless throughout the game. "I'm on Cloud Nine right now," Newcity said.

three saves in the game. For him, the win was doubly important.

"I'll take the win," Newcity said. "But, the shutout, for a keeper, it's just one step better. I'm on Cloud Nine right now."

On Tuesday, the Dukes were without sophomore forward Josh Grant, who was serving a one game suspension after receiving a red card for a tackle in the Sept. 2 game against Temple University. Grant has two goals this season and was named last week's Colonial Athletic Association's Rookie of the Week.

Despite Grant's absence, the team had enough offense to win, thanks to McLaughlin's penalty kick.

"To be honest, when I walked up I was pretty confident," McLaughlin said. "I've been taking [penalty kicks] in practice a lot, and I knew it was my time, I felt confident, stepped up, and banged it home."

The win may put JMU further into the national soccer picture and make it easier for

see **WIN**, page 8

Veteran reflects on combat, college experience

National Suicide Prevention Week speaker battles post-traumatic stress disorder after returning home

By **EVI FUELLE**
The Breeze

Bryan Adams was 19 when he was shot by insurgents with AK-47s.

"I could feel the bullets going past my face," Adams said. "I could hear them tapping against the wall like a million explosions, and I saw the dust clouds where the bullets hit."

Adams, a Rutgers student, was the keynote speaker at JMU's capstone event for National Suicide Prevention Week on Tuesday night in Grafton-Storall Theater. About 155 students came to hear Adams share his story.

While doing observation rounds in Iraq in 2004, exposed and on foot, Adams and his troop were ambushed, and he was shot in the leg and hand.

"I looked down and all the skin was missing on the top of my hand," Adams said. "I remember looking at my buddy and saying 'I think I just got shot.'"

Adams, a U.S. military veteran, served in the Army infantry for three years and was deployed to Iraq from February 2004 to February 2005. Now, Adams travels the country as a speaker for ActiveMinds, an organization that spreads awareness of and reduces the stigma associated with mental illness.

Adams gives six to eight speeches



COURTESY OF BRYAN ADAMS

Veteran Bryan Adams saw many friends killed while in Iraq. He spoke Tuesday night at JMU as part of his mission to spread awareness of mental illness.

a year about the transition process of going from a soldier in combat to a student in the classroom. His speeches focus on his own experiences with post-traumatic stress disorder.

Katrina Simpson-McCleary, a JMU staff psychologist and coordinator of JMU's Suicide Risk Reduction and Outreach program, opened the presentation with a request to students.

"At JMU, we're looking for ways to show we have hope and to demonstrate the value of it," Simpson-McCleary said. "Tweet it, text it, write it on a napkin at [Clementine Cafe], because just a small message of hope or a smile can change lives."

Simpson-McCleary was especially adamant about this message because one in four college-age students have

"I could feel the bullets going past my face ... and I saw the dust clouds where the bullets hit."

Bryan Adams
Army veteran, keynote
speaker for National
Suicide Prevention Week

a diagnosable mental illness, according to Simpson-McCleary.

Nationally, about 26.2 percent, or about 57.7 million people, suffer from a diagnosable mental disorder in any given year, according to the National Institute of Mental Health.

About 20.9 million American adults have a mood disorder. According to NIMH, mood disorders include: major depressive disorder, dysthymic disorder and bipolar disorder.

"Roughly 50 percent of us struggle with a mental illness at some point in our lives," Simpson-McCleary said.

Nearly one million people attempt to commit suicide every year, according to the American Foundation of Suicide Prevention. About 90 percent

see **PREVENTION**, page 10

Ryan in Rockingham

VP candidate will speak
at fairground tomorrow



COURTESY OF MCT CAMPUS

VP candidate Paul Ryan continues to campaign through the state of Virginia, a crucial swing state for the 2012 race.

By **ALISON PARKER**
The Breeze

It's now the Republicans' turn to visit the Harrisonburg area.

Republican vice presidential candidate Paul Ryan will speak at the Rockingham County Fairgrounds at 2 p.m. tomorrow.

Ryan has hovered over the southern Virginia area for the past few weeks, making campaign appearances in Roanoke, Richmond, Norfolk and other cities. Romney has also frequented the Old Dominion and will campaign in Fairfax tonight.

Virginia has historically been a red state, with the 2008 presidential election being the first time the state voted for a Democratic nominee since 1964. Republicans hope to win the state this year and have Romney and Ryan traveling separately to cover as much ground as possible.

Curt Cashour, Virginia communications director for the Romney campaign, said the fairgrounds location was picked because it's easily accessible for students and others in the area.

Romney's campaign isn't solely focusing on the student vote but is using this visit as an opportunity to gain them.

"We think that college students and young people are a critical part of the campaign," Cashour said.

Cashour said the Romney campaign's goal is to reach up to 10,000 young voters ages 18 to 35 in Virginia each week.

"Our coalition effort will be the biggest GOP youth outreach effort in Virginia history," Cashour said.

The economy is an issue Cashour says applies to them more than they think.

"The economy today is one where college grads — only half of them — can find decent jobs," Cashour said.

He added that students need a president who will focus on helping them find jobs after graduation.

"Governor Romney is the only candidate who will focus like a laser on the two issues everyone cares about in this election: jobs and the economy," Cashour said.

Doors will open for Ryan's speech at 12:30 p.m. To reserve a free ticket, visit <http://paulryaninrichmond.eventbrite.com>

Ryan plans to visit Roanoke again tomorrow night to hold a fundraiser.

CONTACT Alison Parker at
breezenews@gmail.com.

9/13 INSIDE

3 NEWS
Playing their part
Students get involved in national politics, locally.

5 OPINION
Show me the money
Both presidential candidates fall flat on the student loan issue.

7 SPORTS
Making strides
Field hockey celebrates its third victory; head coach Antoinette Lucas picks up her 100th career win.

9 LIFE
Running routes
How to gear up for trails around town.

The Breeze

Serving James Madison University Since 1922

G1 Anthony-Seeger Hall, MSC 6805
James Madison University
Harrisonburg, Va. 22807
PHONE: 540-568-6127
FAX: 540-568-6736

MISSION

The Breeze, the student-run newspaper of James Madison University, serves student, faculty and staff readership by reporting news involving the campus and local community. The Breeze strives to be impartial and fair in its reporting and firmly believes in First Amendment rights.

Published Monday and Thursday mornings, The Breeze is distributed throughout James Madison University and the local Harrisonburg community. Comments and complaints should be addressed to Torie Foster, editor.

EDITOR-IN-CHIEF

TORIE FOSTER
breezeeditor@gmail.com

NEWS DESK

breezenews@gmail.com

LIFE DESK

breezearts@gmail.com

SPORTS DESK

breezesports@gmail.com

OPINION DESK

breezepinion@gmail.com

COPY DESK

breezecopy@gmail.com

PHOTO/GRAPHICS

breezephotography@gmail.com
breezegraphics@gmail.com

VIDEO

breezevideo1@gmail.com

ADVERTISING DEPARTMENT

540-568-6127

ADS MANAGER

Brandon Lawlor

ASST. ADS MANAGER

Will Bungarden

CREATIVE DIRECTOR

Anthony Frederick

ASST. CREATIVE DIRECTOR

Hannah Gentry

AD EXECUTIVES

Caleb Dessalgne

Rachel Ferrell

Mat Lesiv

Matt Malinowski

Ethan Miller

Brianna Therkelsen

Michael Wallace

MARKETING & CIRCULATION

COORDINATOR

Laura Russo

AD DESIGNERS

Catherine Barsanti

Sydney McKenney



@TheBreezeJMU
@Breeze_sports



www.facebook.com/
TheBreezeJMU

horoscopes



VIRGO

(Aug. 23-Sept. 22)

Being graceful and grateful comes in handy, especially now. You learn a different way of getting things done.



LIBRA

(Sept. 23-Oct. 22)

Fall in love all over again. Dip your oars into social waters, and row with gusto.



SCORPIO

(Oct. 23-Nov. 21)

Put your heart into it, as well as your other muscles. It will take inspiration and perspiration ... and it will be worth it.



SAGITTARIUS

(Nov. 22-Dec. 21)

Work interferes with playtime. Do it for love, not money, and don't be afraid to ask for what you're worth.



CAPRICORN

(Dec. 22-Jan. 19)

Ask and you shall receive. Consider what you're asking for. Think over a friend's suggestion very carefully. Seek harmony in romance.



AQUARIUS

(Jan. 20-Feb. 18)

Partnering is essential for two more days. Negotiate a little bit more to refine the plan. Relaxation helps. Accept an invitation from a special person.

IF YOU WERE BORN TODAY:

This is a perfect moment to re-examine what's most important to you. What and with whom do you want to play? Career looks favored to thrive with steady growth. Friends and family surround you with love and support.



PISCES

(Feb. 19-March 20)

Entering two days of steady work effort. Profit from meticulous service and charm. It's a winning combination.



ARIES

(March 21-April 19)

Do something you've always wanted to do. Then make happy plans, and create time for romance.



TAURUS

(April 20-May 20)

You can tell if it's true love, but you may want to keep your feelings to yourself, for now. Inspiration is all around.



GEMINI

(May 21-June 20)

It's a beautiful moment to relish. What you have to say is important, so say it. You have a gift with words. Leave them wanting more.



CANCER

(June 21-July 22)

It's easy to find the resources. A little research goes a long way. Keep a secret. An old friend will repay a favor or a debt.



LEO

(July 23-Aug. 22)

Brilliance comes at you with lighting speed. Capture as much as you can, taking good notes so you'll remember.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 14-time All-Star catcher Rodriguez, familiarly
- 6 Smarten (up)
- 11 Data proc. equipment
- 14 Amer. economic assistance
- 15 Dermatologist's concern
- 16 Skill
- 17 "Karma Chameleon" band
- 19 Boot part
- 20 ___ Sutra
- 21 Dipped in a well, maybe
- 22 Behold, to Livy
- 23 Tilts
- 25 "Space traveler
- 27 Corrida celebrity
- 29 Global positioning fig.

- 30 ___ alai
- 32 Turner memoir
- 34 State with a 45-mile Canadian border
- 38 Notable time
- 39 With 40-Across, kid's toy ... and a word that can precede the first word of the starred answers
- 40 See 39-Across ... and a word that can precede the last word of the starred answers

- 42 White ___
- 43 Ministers to
- 45 Lengthwise
- 47 "Deadwood" channel
- 48 Tampa NFLer
- 50 Learn well
- 52 "It's not good to meet with it
- 56 18-and-overs
- 59 Programs for 11-Across, briefly
- 60 ___ Reason
- 62 Trendy NYC section
- 63 Hwy.
- 64 "Used car selling point
- 66 D. Petraeus's title
- 67 Shorthand system

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
20						21						22		
23						24			25			26		
			27					28			29			
30	31					32				33		34		35
36						37				38		39		40
41						42				43		44		45
46						47				48		49		50
51						52				53		54		55
56						57				58		59		60
61						62				63		64		65
66						67				68		69		70
71														

By Gary Lowe

9/13/12

- 68 Seen enough
- 69 Not quite right
- 70 "The Gondoliers" bride
- 71 Actor Mike

DOWN

- 1 Kings shoot them
- 2 Unremarkable
- 3 Firehouse mascot
- 4 Jeans brand
- 5 URL ender
- 6 WWII weapon
- 7 Singles out
- 8 Shoreline recess
- 9 Middle Aged?
- 10 "Swell!"
- 11 Sewing kit item
- 12 Spring bloomers
- 13 Awfully expensive
- 18 Not back down from, as a challenge
- 22 Founded: Abbr.
- 24 Outwits on the stand
- 26 One invoked during a drought
- 28 "Live! With Kelly" host
- 30 Shark attack victim?
- 31 "___ you for real?"

F	A	W	N		M	E	T	H		S	I	E	T	E
E	C	H	O		A	C	E	Y		E	N	T	E	R
T	R	I	G		C	O	M	P	A	C	T	C	A	R
A	E	S	O	P		P	E	R	T	H				
		S	H	O	R	T	T	E	R		E	S	M	E
				D	O	O	R		S	A	S	H	E	S
A	P	A		P	R	I	E	D		B	E	A	D	S
C	A	M	E	O	A	P	P	E	A	R	A	N	C	E
A	T	O	M	S		P	A	U	S	E		T	O	N
S	T	R	E	E	T		C	I	A	O				
T	I	E	R		B	R	I	E	F	S	T	O	P	
			A	S	S	E	T			T	E	N	E	T
S	M	A	L	L	P	R	I	N	T		L	A	K	E
P	A	N	D	A		U	S	E	R		L	I	O	N
A	R	T	S	Y		N	I	T	A		O	R	E	S

- 33 Lots
- 35 Fair-haired
- 36 Fireplace food-warming shelf
- 37 Tic-tac-toe loser
- 41 Dicey
- 44 Two-baggers: Abbr.
- 46 Birds do it
- 49 Eau ___
- 51 "Project ___": fashion design show

- 52 Red River city
- 53 Made a choice
- 54 Topple
- 55 Actress Moorehead
- 57 The enemy's
- 58 Separates by type
- 61 "Three Sisters" sister
- 64 Pvt.'s boss
- 65 Electrical measure

NATION&WORLD

iPhone 5 debuts

Los Angeles Times

SAN FRANCISCO — The iPhone 5 is finally here.

After months of rumors, Apple Chief Executive Tim Cook debuted the smart-phone yesterday, claiming it's the world's thinnest.

The iPhone 5 features a larger screen and weighs about 4 ounces, which is 20 percent lighter than the iPhone 4S. It is also 18 percent thinner, Apple said. It has an improved A6 processor that is twice as fast as its predecessor, high-speed 4G LTE connectivity and a widescreen aspect ratio. It's predicted that 10 million iPhones will be sold in the first 10 days of being in stores.

Ice halts Shell drilling in Arctic Ocean

Los Angeles Times

SEATTLE — Only a day after Shell Alaska began drilling a landmark offshore oil well in the Arctic, the company was forced Monday to pull off the well in the face of an approaching ice pack.

With the chunk of ice about 10 miles away, the Noble Discoverer drilling rig was disconnecting from its seafloor anchor Monday afternoon in the Chukchi Sea, about 70 miles from the northwest coast of Alaska.

Decrease of carbon emissions in 2011

Los Angeles Times

LOS ANGELES — The amount of carbon dioxide emitted from energy production declined in the U.S. in 2011. The Energy Department cited slower economic growth as one factor in the 2.4 percent drop in energy-related carbon dioxide emissions last year.

But the U.S. still has a long way to go in reducing its carbon footprint. The U.S. generated more than 5.47 billion metric tons of carbon dioxide that year.

3 Americans killed in Libya

Los Angeles Times

CAIRO — The U.S. ambassador to Libya, Christopher Stevens, and three other Americans were reported killed as a mob sacked the U.S. Consulate in eastern Libya in a rage over an anti-Muslim video produced in the United States, according to the State Department.

Early yesterday morning, President Barack Obama released a statement: "I strongly condemn the outrageous attack on our diplomatic facility in Benghazi, which took the lives of four Americans, including Ambassador Chris Stevens.

Right now, the American people have the families of those we lost in our thoughts and prayers. They exemplified America's commitment to freedom, justice and partnership with nations and people around the globe, and stand in stark contrast to those who callously took their lives."

Wanis al-Sharif, Libya's deputy minister of the interior, told *The Associated Press* that Stevens and three others had died as the crowd torched the consulate in Benghazi hours after demonstrators scaled the wall of the U.S. Embassy in Cairo in protest over the anti-Muslim video. Libya's deputy prime minister, Mustafa Abu Shagur, condemned the deaths on Twitter.

We Dig the Dukes!

Cinnamon Bear
bakery and deli
www.cinnbear.com
540-433-2867

Facebook.com/CinnBear
@CinnBearBakery

BRING THIS IN AND GET TWO CINNAMON ROLLS FOR THE PRICE OF ONE!

Sandwiches, Salads, Soups, Quiches, & Fresh Baked Goods!

JAC Cards Accepted
Delivery & Catering Available
Custom Cakes Available

the **Primitive** place

Easy to Find. Hard to Leave.

Crafts & More

Country & Primitive Home Decor

From curtains, rugs & furniture To Framed Art, Lamps & Seasonal Decorations **PLUS** Crafts of All Kinds!

353 Neff Ave- Harrisonburg
540-433-9627

BLUE BRIDGE WOMEN'S HEALTH CENTER, P.L.C.

1885 Port Republic Road Harrisonburg
540-433-6613

Comprehensive Gynecology
Women's Health Issues
Gynecologic Surgery

www.brwhc.yourmd.com

Harrisonburg Elegance in Bridal Show
September 23, 2012

James Madison University
Festival Student and Conference Center
1 pm-4 pm • 540.316.0522

to register early or for more information:
www.eleganceinbridalshow.com

Fashion Show by Reflections Bridal Exhibitors, Free Bridal Magazines, Prizes & Giveaways

Advanced Ticket \$7 • Tickets at Door \$10

The first 300 brides and/or grooms will receive FREE 3 Day 2 Night Honeymoon Trips Certificates.

First 100 receive swag bags with free wedding band sets valued at \$600.

BUY ONE
TICKET AT THE DOOR
GET 1 FREE!

not to be combined with other offers

ParadiseCity1
Gentlemen's Club

West Virginia's most exotic entertainment for the free spirit

New dancers always welcome!

Mountain View - 4 miles across WV state line - 35 min. drive
304.897.8200

YOUR AD SPACE
COULD BE HERE.

Email thebreezeads@gmail.com

Campus campaigning



LAUREN GORDON / THE BREEZE

Stephanie Salomon, a sophomore political science major, volunteers for the Obama campaign office downtown. She will also work with the College Democrats to encourage students to register to vote. She believes one of the most important issues her peers face is student loan debt.

Students get involved in political party fundraising, voter registration drives

By ABIGAIL SHORT
contributing writer

Now that the conventions are over, the Democrats and Republicans are focusing their attention of winning the Virginia vote for their candidates.

Many campus organizations know Virginia is a critical state in terms of electoral votes, so despite major differences in political beliefs, they're focusing their efforts on registering new voters and increasing voter turnout to help secure their groups' presidential win.

Shevy Changanti, SGA's legislative committee chairwoman, said along with continuing to encourage students to vote, SGA is dedicated to increasing the number of educated voters on campus.

"What we're doing is teaming up with other key organizations on campus to increase our outreach to students," said Changanti, a junior international affairs and Spanish double major.

SGA is planning to work with College Democrats, the Public Policy and Administration Student Organization and UPB.

In the 2008 presidential election, Barack Obama took Harrisonburg with a 57 percent lead, according to Joe Fitzgerald, vice chair of the Democratic Party for the 6th Congressional District. These figures were in stark contrast from Rockingham County as a whole, voting around 64 percent in favor of John McCain.

In Harrisonburg, about 16,000 people voted, 4,000 of which were JMU students. That 4,000 is only a fifth of the university's total student body,

most of which are eligible to vote. Stone Spring Elementary School was the busiest polling station in Virginia with the highest voter turnout, according to Fitzgerald.

Changanti said one of the problems students face when trying to make an informed decision is the amount of biased information available.

"We are planning on passing out non-partisan platform information so they can make an educated choice and not a biased choice," Changanti said.

Both College Democrats and College Republicans are running registration drives on various locations, both on and off campus. They are phone-banking and canvassing, as well as holding debates that show the differences in political opinion and the different approaches to government.

Julia Smyers, president of College Democrats and a senior Spanish major, said her group will also work to increase voter registration by encouraging students to register on the commons two to three days a week. It's also partnered with the Organizing for America office downtown to do off-campus student housing voter registration. Together Smyers says they have registered more than a thousand students.

Anne "Tucker" Obenshain, chair of College Republicans, hopes to have a greater impact on the JMU campus and in the Harrisonburg community.

"During the 2008 presidential election, the College Republicans had no real impact," said Obenshain, a senior international affairs major.

"Our goal is to turn out as many College Republicans as we possibly can to turn Virginia back to red this year."

Spurred by high turnout by young voters and an increasingly populated and liberal Northern Virginia, Obama became the first democrat to take the state since 1964.

But apathy in young adults is a huge issue that both candidates face in the upcoming election. The recession has shaped these voters in a negative way, making them more cynical about government and less likely to vote in the upcoming election, according to Obenshain.

A *New York Times* article stated that 30 percent of voters, ages 18-29, are likely to be undecided, and that the turnout of this group is projected to be much lower than the older groups.

"Apathy in young people makes me so upset," Obenshain said. "It is so important and easy to become politically involved. Students should seize these opportunities to make their voices heard."

Obenshain also mentioned that College Republicans is working with organizations outside of JMU to gain support.

"We are working with the Harrisonburg Victory Center, phone banking and door knocking every day," Obenshain said. "We will be canvassing on campus and off campus over the coming months, and be holding events to help students learn more about our Republican Candidates."

see **POLITICS**, page 4

Final forum

Potential provost speaks with faculty and staff, students about student affairs, university funding

By COREY ALMEIDA
contributing writer

The third provost candidate's open forum brought in the highest number of students yet — around five.

Alan White spoke to about 65 faculty and staff members and about five students in the Forbes Center for the Performing Arts on Monday. The issues of salary inversion and salary freeze, which were heavily contested during Jerry Benson's and Dwayne Smith's forums, were not brought up during this one.

White has held many academic and administrative positions at multiple universities throughout his career. Since 2005, he has worked at East Carolina University as both a biology professor and as dean of the College of Arts and Sciences.

White focused the conversation on student learning.

He used graduation and retention rates as an example of what the state looks at when allocating money to universities. He said it's usually hard for academics to explain why their work is important and they deserve more funding.

"I think more and more we're being asked to prove that what we're giving back in terms of educating students and providing knowledge and scholarship for society in general," White said. "We really need to take those questions seriously and think about it or else the funding resources from the state legislature are going to dry up."

Sharon Cote, an English professor, asked how the university would go about having these discussions.

White explained the difficulty in making people understand the importance in attending college and receiving an education and why it may, in some cases, be worth thousands in debt. He said it's especially hard to justify faculty needing more funding, when legislatures don't understand the work that they do on a daily basis.

"It immediately goes to teaching load — 'You got a three course load, that's only nine hours a week. You only work 9 hours a week and you get the summer off, too' — It's that kind of view," White said.

Along with funding from the state,

see **PROVOST**, page 4

New changes for off-campus food

Students play large part in economic growth of local restaurants

By ELIZABETH DSURNEY
The Breeze

A business boom in Harrisonburg means Jimmy John's, Campus Cookies, and Jack Brown's Beer & Burger Joint will have new locations before the JMU fall semester ends.

Business in Harrisonburg has increased in the past five years, according to Frank Tamberrino, president of the Harrisonburg-Rockingham Chamber of Commerce.

"The economy turned sour, but we still did well due to diversity of Harrisonburg and the shelter of the academic setting," Tamberrino said.

The boom recently started to taper off, but the number of shops opening in the area is greater than the number of ones closing, according to Tamberrino.

"National chains are dominant," Tamberrino said. "However, small business has been shown to do very well here in Harrisonburg."

He added that Harrisonburg has had a lot of economic activity because students are major supporters throughout the year.

Jimmy John's

A new Jimmy John's is opening in the building where Great Wok used to be on East Market Street, according to Justin Inman, the Harrisonburg Jimmy John's manager.

Great Wok relocated near Cici's Pizza on East Market Street over the summer.

Construction started on Sept. 3, and people will be working around the clock until its completion around



KATIE GONG / THE BREEZE

Jack Brown's Beer & Burger Joint chefs, Jose Apolinar (right) and Ovidio Mendez (left) prepare burgers and appetizers for their customers last weekend.

Nov. 14, according to Inman. It's projected to open around mid November.

At the new location, the one-mile delivery radius will now reach Copper Beech. Inman is still unsure if deliveries can be made to North 38.

One hundred seats and 2100 square feet will make it larger than its original Harrisonburg location. It will also include a drive-thru.

Inman hopes that the new location will allow them to deliver food more quickly.

Jack Brown's Beer & Burger Joint

Jack Brown's will open a second restaurant in the Village of Massanutten on the bottom of Massanutten Ski Resort on Route 33.

This new location will serve as the permanent location of Jack Brown's catering business, according to Aaron Ludwig, the Jack Brown's manager.

The catering trailer will be permanently parked there with a heated outdoor patio that can seat 40 people. The full menu and a carryout option will still be available.

"We are thinking about delivering later on," Ludwig said. "The new location will be a tiki bar meets

country theme."

The new Jack Brown's location will still host the same events, such as the Massanutten Fall, Wine and Beer festivals.

For now, the new location will have 50 different beers compared to the current location's 100.

"If the new location has a great demand for variety of beer, we will find a way to provide," Ludwig said.

But not everyone is excited for the new location.

Senior sociology major, Gerard Horan, believes that franchising will diminish the "small-town dive" atmosphere.

"People come into Jack Brown's because it's a personable place where they'll remember your names," Horan said. "Now with the added location and possible new ones, you lose the appeal of that."

Ludwig expects to open the new location in early October to coincide with the winter season.

"We have not thought about opening more Jack Brown's on the East Coast, but you never know what will happen in the future," Ludwig said.

Campus Cookies

Campus Cookies is also opening a third store in Charlottesville, near the University of Virginia.

The business was started by Scott Davidson, a 2009 JMU alum, during his freshman year when he started selling cookies out of Hunters Ridge Townhomes. His business now has 26 employees.

see **RESTAURANTS**, page 4

IN BRIEF

VIRGINIA

Politicians campaign in the area

Michelle Obama is scheduled to speak in Richmond today to campaign for her husband.

The first stop will be in downtown Richmond, where the first lady will speak at 2 p.m. She will later go to Fredericksburg to speak at the University of Mary Washington at 5 p.m.

Obama was scheduled to speak at Mary Washington in July, but the appearance was cancelled because of the mass shooting in Colorado.

President Barack Obama is hoping he will win Virginia like he did in the 2008 election. He was the first Democratic presidential candidate to carry the state since 1964.

Anne Romney also made an appearance in Virginia on Sept. 7. She spoke to supporters of Mitt Romney in Leesburg.

Mitt Romney is scheduled to appear in Fairfax today, according to the *Washington Post*.

First West Nile death this year

Virginia health officials are reporting the state's first human West Nile virus death this year.

The patient was an older adult who lived in northwest Virginia. There have been a total of nine cases of West Nile reported in the state this year.

These cases of West Nile, a disease commonly spread by infected mosquitoes, aren't unusual.

There were one to five cases reported annually from 2006 to 2010. There was one West Nile death in 2011 and nine cases in total, according to the *Washington Post*.



JORDAN CMEYLA / THE BREEZE

Cutting the ribbon to a new playground

President Jon Alger (third from left) cuts the ribbon to the entrance of University Park during Tuesday’s grand opening with Mark Warner, senior vice president of Student Affairs and University Planning; Trey Smith, a student UREC employee; and Eric Nickel, director of University Recreation. The event included cornhole, food and other games. The recreational park is located on the corner of Port Republic Road and Neff Avenue.

PROVOST | Hopes to have more active presence on campus

from page 3

Bill Knorpp, a philosophy professor, brought up the issue of the allocation of student fees and student tuition and how the two are currently unbalanced.

White explained that to fix the balance between student fees and tuition, it’s not simply an issue of taking money out of student fees and putting it into student tuition. He said he wasn’t exactly sure how the process worked at JMU, because at ECU, most of the time the student body has to vote before student fee money can be used.

He added that he also knows the appeal that different facilities on campus have to students, because he could see what caught his sons’ eyes when they were touring universities.

“The heart of what [students] are doing should be academics and learning and those things, but they live here too,” White said. “So I think we have to acknowledge that and strike a balance.”

White also discussed the importance of maintaining the faculty-student relationship.

“I really think [college] comes down to all of the

different ways that students and faculty interact,” White said. “We’re not only passing on knowledge to the next generation of students, we should be actively involved in generating new knowledge for the future also.”

JMU’s student faculty ratio is currently 16:1. This is an improvement compared to the 19:1 ratio in 1992. An estimated 80 percent of undergraduates are participating in research, a practicum or an internship, according to the JMU website.

White hopes to form a relationship with students himself by being an active presence on campus.

Jacob Mosser, a junior political science major, asked how White would reach out to students and gauge their needs.

“I think the first thing that the provost should do is be concerned about student input and feedback on programs,” Mosser said. “People who take leadership like the provost need to be gathering feedback, gathering information, on what’s working, what’s not working, how can we ensure that the future JMU is going to be as strong as possible for.”

White said that although it will be difficult to maintain a

close relationship with the students, because a provost does not work with students on a daily basis, but it is something he wants to work toward.

“It’s actually one of the things that I’ve been a little bit concerned about being a provost,” White said. “Making that connection with students is an important thing to do, and not only for the students, but also for me.”

Matt Klein, SGA president, said students also should have made an effort to be more involved with the provost search.

“I do think [students] should be more concerned about [the provost],” said Klein, a senior marketing major. “Helping them understand what this means for the university is the challenge.”

Students can get more information and check the progress of the search at jmu.edu/provostsearch.

President Jon Alger will have one-on-one interviews with provost candidates White, Jerry Benson and Dwayne Smith in the next few weeks.

CONTACT Corey Almeida at almeidcm@dukes.jmu.edu.

POLITICS | Volunteers hope to work with RAs to register voters

from page 3

The general election will take place on Nov. 6. Voters can register up to 29 days before the election.

Stephanie Salomon, a sophomore political science major who volunteers for the Obama office, thinks that this election is crucial in determining the future of all Americans, especially college students.

“I think we always have so much at stake, especially now with student loans being so

much higher than credit card debt,” Salomon said. “I think it’s something every student should be worried about.”

Salomon, also a member of College Democrats, mentioned that they were planning to work with Resident Advisors to do a program to ensure that all of their residents are properly registered in Harrisonburg.

“You’re much more likely to register if you’re in your own locality when it’s time to vote,” Salomon said. “You don’t have to worry about absentee

or going home.”

Fitzgerald is also adamant about the importance of hearing the voice of the youngest voting generation.

“If the decisions that are made regarding the next election will affect me for the next 30 years, they will affect [young voters] for the next 65,” Fitzgerald said. “It is important for young people to stake that claim on their future.”

CONTACT Abigail Short at shortac@dukes.jmu.edu.

RESTAURANTS | Local Campus Cookies to move elsewhere

from page 3

Davidson opened a second location in Blacksburg near Virginia Tech in 2010.

The current location is under Little Italy Pizza on South Main Street. Campus cookies is looking to move to a new location in Harrisonburg. Davidson doesn’t know when he’ll make the move because he’s not sure if now is the right time because of the new store in Charlottesville.

More than 200 cookies are given each semester to sororities, fraternities and other clubs and groups. Davidson hopes Campus Cookies can be this successful at other locations as well.

“People like Campus Cookies for a lot of reasons,” Davidson said. “It’s not just the cookies, it’s a service; it’s the great people, communication and tracking features.”

Davidson is worried about the potential loss associated

with opening a new restaurant, but he’s excited for the new opportunity to expand his business.

“It’s going to take some time, and it’s a risk, but I’m looking forward to it,” Davidson said.

Davidson expects the new location to open on Sept. 17.

CONTACT Elizabeth Dsurney at dsurneeg@dukes.jmu.edu.

UPCOMING EVENTS FOR PRESIDENTIAL ELECTION 2012				
Friday, Sept. 14	Tuesday, Sept. 18	Week of Oct. 1	Week of Oct. 30	Tuesday, Nov. 6
Paul Ryan, Republican vice presidential candidate, speaks at the Rockingham County Fairgrounds at 2 p.m.	College Democrats will host Andy Schmookler, 6th District Democratic congressional nominee, on campus to inform and educate students about candidates and politics.	SGA holds campus-wide voter registration in Festival, Warren mailroom, and on the commons.	SGA hands out nonpartisan information to help students make an informed decision in this year’s election.	GENERAL ELECTION

NEWS TEAM ASSEMBLE!

OPEN HOUSE

SEPTEMBER 20 | 7 P.M.

THE BREEZE

IS HAVING AN OPEN HOUSE! PLEASE JOIN US IF YOU ARE INTERESTED IN BEING PUBLISHED OR WORKING WITH OUR ADVERTISING DEPARTMENT. [FREE FOOD INCLUDED]

GRADY HART | guest columnist

The war spending must stop

The U.S. national debt recently surpassed \$16 trillion, yet the government, the media and the public continue to turn a blind eye. For the better part of the last decade, the United States has been a nation at war. First in Afghanistan, and particularly in Iraq, we have acted militarily and unilaterally to preserve our own interests, or at least those of our elected leaders.

According to the White House website, the U.S. spends far more on its military than any other country in the world. This amount is more than we will spend on education, transportation and welfare combined and still more than health care despite the health care overhaul that has been criticized as a poor use of government money.

Yet despite 11 years of fighting, the U.S. doesn't appear to the average citizen to be a nation at war. There has been no call to conserve, there has been no suffering on our own soil (save for the families that have lost loved ones), and there has not been enough attention paid to the wars by the media. For better or for worse, the U.S. is a nation that seems relatively indifferent and almost unaware of the constancy of armed conflict in which we are involved around the world.

This November, we must decide between a president who uses drone strikes and other military action despite winning the Nobel Peace Prize several years ago, and a new candidate who attacks the current president for being too soft and has openly spoken of yet another war in the Middle East with Iran. All the while, our economy remains relatively stagnant, our candidates are bought off by corporate and special interest groups and Americans remain seemingly indifferent to all of it.

In an election season highlighted by the economy and our government's out-of-control spending, it is (or should be) alarming that the role of the military, our highest recipient of discretionary funds, remains entirely absent from debate. And make no mistake, money spent on the military is money taken away from social programs, health care, education, infrastructure and other vital public goods and services for which the government is responsible.

The question that I pose then is not even one of "guns vs. butter", but is actually considerably more alarming. At a time when an unprecedented amount of attention

is being paid to our nation's mounting debt and social programs are being gutted left and right, how is it possible that our nation's biggest discretionary spending area (our military) is escaping both public and political conversation? Are we so paranoid as a nation that we do not even wish to have the "guns vs. butter" debate? Or do people just not know or care?

In any case, the absence of U.S. military spending in our budgetary debates should be worrisome to all who live in a democratic society. On an even bigger level, what's most worrisome is the increasingly indifferent and disenfranchised public, whose knowledge of and participation in our political system is the backbone of democracy.

One thing is for certain: With the entrenched political interest groups working to keep things as they are, nothing short of public outcry and attention will be necessary to see any real change. Acknowledging and scrutinizing our country's unsustainable level of military spending would be a nice start.

Grady Hart is a senior international affairs and political science double major. Contact Grady at hartgw@dukes.jmu.edu.



CONVERSATION CORNER



What are your predictions for the West Virginia game this weekend?

CHAD KNICELY

35 - 24 WVU, although I will be cheering for JMU as hard as I can!

NAVID GHATRI

I say another upset by JMU

GRIFFIN HARRINGTON

28-12 WVU.

DAN ROWSON

24-20 WVU. But I'm looking for a score closer to 21-16 Dukes...

TERRI CARPENTER STUTZ

42 - 7 WVU...I will still be pulling for the Dukes

@DAREALMEESH

WVU 35 JMU 10

@SEANSHABAZ

WVU wins 48-10

@BEIDLE

WVU 60 to 10

LESLIE CAPUTO SANFORD

Go Dukes! You can do it!

@DANNYMCCARTIN

JMU:6 WVU:56

@BIGGWILLYSTYLE

14 west Virginia 58 in a real nail bitter

@_TEDDY_2

JMU: 3 WVU: 65

RYAN BARTO

49-17 WVU

>> Join the conversation!
 "Like" us on Facebook and follow us on Twitter.

LUCAS WACHOB | no goal

Candidate indifference leaves students' education in danger

Not known as avid voters, young people are often ignored by presidential campaigns. But in 2008 the excitement around Barack Obama brought young people to the polls.

In 2012, Obama seems interested in keeping them around, bringing student loan debt and college affordability to the national political discourse. He knows those struggles all too well, seeing how he only paid off his student loans just eight years ago, according to an article on ABC News.

Finally! Student loan debt surpasses credit card debt in the United States, and tuition costs have risen five times faster than the cost of living since 1985. With a college degree being an important step to so many careers, the opportunity for lower income people to move up seems greatly threatened by

the prohibitive cost of a college education.

The Democrats talk about increasing the federal Pell Grant (money provided by the federal government to students in need who haven't earned a bachelor degree) and threatening to withhold some federal money from schools that hike their tuition. The Republican Party Platform calls for ending federal student loans altogether. Is either right?

Well, hold on a second. We have to understand how a problem was caused before we can solve it.

In the short run, the financial crisis and recession of recent years has gutted state budgets across the nation, forcing students to shoulder more of the burden of their education's cost. In the long run, the information economy has boosted demand for highly educated workers, increasing federal mandates have strained states financially, and subsidies in the form of student loans have driven up the cost of education.

Subsidies are a major part of the problem. Just as the government's desire to give everyone access to

credit and housing hyper-charged housing prices, their desire to give everyone access to college has vastly accelerated the rate of growth in college cost.

Imagine if anyone who was admitted to college could get \$50,000 each year in loans. Sounds good, right? Am underprivileged person could go to school, acquire the skills to become a high-earner, and pay back the loan. Now look at it from the college's perspective and your opinion may change: If anyone was eligible for that federal loan money, you'd be foolish to charge anything less than \$50,000 a year for tuition.

As the government seeks to extend the program to more and more people, it spends more money and pushes up tuition costs on everybody.

A study published in the Chronicle of Higher Education found that for every \$1,000 increase in Pell Grants, out-of-state tuition at colleges and universities increased by roughly \$800. More student loan money sounds like a win for students, but in the long run it's actually a win for colleges at the

expense of young people who become shackled to debt.

The programs the Democrats want to save with little tweaks were conceived in a time when college was relatively cheap, less attended, and degree-holders almost all transitioned into full-time jobs upon graduation. It worked fairly well then, but now many people go to college, it's much more expensive, and fewer graduates are finding jobs and able to repay their loans.

The other Democrat proposal is to essentially force schools to maintain lower prices. This is called price controls and anyone who's taken economics or history knows it doesn't work. It's been tried with rent in major cities and food at certain times in history, almost always with disastrous results.

As for the Republicans, they have seemingly no plans to curtail college cost. While they're correct that federal student loans aren't helping, Mitt Romney's plan to spend 4 percent of GDP on the military and maintain low taxes on the wealthy means that the financial situation states operate in

is unlikely to improve. Until it does, students will be paying a high cost for college education. It might be time to rethink the whole thing.

Without getting its fiscal house in order, the federal government risks one day being unable to keep their promises to the American people. We've seen the riots in Britain in 2010 that came when spending on higher education had to be cut in the face of fiscal crisis. Let's not make the same mistake those students made by becoming dependent on an increasingly fiscally irresponsible government to pay our way.

Robust economic growth still doesn't seem to be on the horizon, and neither party seems capable of producing a solution to the debt crisis. Any politician with a "plan" to make college affordable for everyone is a snake oil salesman. Students should ignore the rhetoric, and be smart with their money.

Lucas Wachob is a senior public policy and administration major. Contact Lucas at wachoblm@dukes.jmu.edu.

DARTS & PATS

Darts & Pats are anonymously submitted and printed on a space-available basis. Submissions creatively depict a given situation, person or event and do not necessarily reflect the truth.

Submit Darts & Pats at breezejmu.org

A **"thanks-for-making-my-day"** pat to the random guy who came up to me at D-Hall and said I was one of most beautiful girls he's ever seen.

From a freshman who was feeling undesirable and wished she got your number.

An **"I-wuff-your-dog"** pat to the nice lady in the Festival parking lot with the wonderful black dog.
From a girl who misses her dog dearly and really needed some pet love.

A **"now-I-can't-sneak-up-on-people"** dart to Grafton for giving me \$6 in quarters as change.
From the guy with the jingly pockets.

A **"we're-JMU-students-too"** dart to the student section who thought it would be funny to throw soaking wet streamers at the band during the football game.

From a Marching Royal Duke who has never been involved with a more disrespectful student section.

An **"I-knew-you-could-do-it"** pat to my first college friend who has finally gone back to finish what he started.
From an alumna who is jealous that you're back on campus and knows you're going to do great things.

A **"thanks-for-always-being-there-for-me-even-at-my-worst"** pat to my wonderful friends

and roommates.

From someone who appreciates Suicide Prevention Week so much more because I wouldn't be here without you.

A **"who-thought-that-was-a-good-idea?"** dart to whoever decided to get rid of the Starbucks in Top Dog.
From someone still standing in the obnoxiously long line in Carrier.

A **"thanks-for-being-so-welcoming"** pat to Sigma Alpha Lambda for being a very welcoming organization with amazing people!
From a senior who finally found her place.

A **"where-did-you-go?!"** dart to all the people who left their stuff in the otherwise empty practice rooms in the Forbes Center.
From a singer who just wanted a few minutes of rehearsal time between classes.

A **"you-saved-my-life"** pat to the fellow Duke who turned in my textbook I forgot in Festival.
From a very grateful biology student who couldn't have afforded a new one.

A **"thanks-for-making-me-laugh"** pat to the circulation desk workers in Carrier on Sunday night.
From an appreciative senior who knows you don't like to be working at 12 a.m. either.

A **"this-isn't-time-for-glory"** dart to the College Republicans for painting their name on the Festival rock.
From a girl who appreciated your 9/11 remembrance but didn't think it was a time to take credit.

A **"how-does-she-do-it"** pat to my roommate for somehow always knowing where there will be free food.
From a starving senior who finds nothing more satisfying than a good free meal.

A **"yeah-but-think-about-this"** pat to my awesome OPA.
From a FROG who values your friendship and loves questioning the world with you.

A **"we-live-in-Harrisonburg-Virginia"** dart to the person who left the shady note on my car as a "resident of Madison Square Gardens."
From someone who's been living at Madison Gardens longer than you and knows how the parking works.

A **"YUM"** pat to Carroll at Dukes for always putting such love and precision into preparing chicken wraps for JMU students.
From a December graduate who will miss your happy demeanor and love for JMU.

Editorial Policies

The Breeze
 MSC 6805 G1
 Anthony-Seeger Hall
 Harrisonburg, VA 22807
breezeopinion@gmail.com

The Breeze welcomes and encourages readers to voice their opinions through letters and guest columns. Letters must be no longer than 250 words. Guest columns must be no more than 650 words.

The Breeze reserves the right to edit submissions for length, grammar and if material is libelous, factually inaccurate or unclear. The Breeze assumes the rights to any published work. Opinions expressed in this page, with the exception of editorials, are not necessarily those of The Breeze or its staff.

Letters and guest columns should be submitted in print or via e-mail and must include name, phone number, major/year if author is a current student (or year of graduation), professional title (if applicable) and place of residence if author is not a JMU student.

The Breeze

Serving James Madison University Since 1922

EDITOR-IN-CHIEF TORIE FOSTER
 MANAGING EDITOR JEFF WADE
 NEWS EDITOR JEN EYRING
 NEWS EDITOR ALISON PARKER
 OPINION EDITOR NICK PHILLIPS

"To the press alone, chequered as it is with abuses, the world is indebted for all the triumphs which have been gained by reason and humanity over error and oppression."

— JAMES MADISON, 1800

LIFE EDITOR GREER DRUMMOND
 LIFE EDITOR LAURA WEEKS
 SPORTS EDITOR CARLEIGH DAVIS
 SPORTS EDITOR MEAGHAN McDONALD
 COPY EDITOR ANNE ELSEA

PHOTO EDITOR SEAN CASSIDY
 PHOTO EDITOR RYAN FREELAND
 DESIGN EDITOR MARGIE CURRIER
 VIDEO EDITOR BRADFORD AMBROSE
 GRAPHICS EDITOR CALLIE TURBITT

25th ANNUAL A CARNIVAL OF CULTURES

MEXICO, CENTRAL AMERICA AND THE CARIBBEAN

INTERNATIONAL WEEK 2012

September 24 - 29



www.jmu.edu/international/iweek



live life at the top!

DON'T WANT TO BE *STUCK* ON CAMPUS NEXT YEAR?

On-campus housing contracts are due in October. Don't let the date sneak up on you.

Visit **865 East** today and see why we're right for you!

540.442.8885

WWW.865EAST.COM

865 PORT REPUBLIC ROAD, HARRISONBURG, VA

LOOKING FOR A NEW PLACE NOW? HOW ABOUT FOR NEXT AUGUST?
COME IN TODAY TO SIGN YOUR LEASE!

ALL RATES FOR THE 2013 - 2014 LEASE TERM WILL INCLUDE
BASIC CABLE AND BASIC INTERNET



Foxhill Townhomes

"Your Home Away From Home"

NOW ACCEPTING APPLICATIONS!!!

1627 DEVON LANE
HARRISONBURG, VA 22801
540.432.5525
WWW.UMICOMMUNITIES.COM



FOXHILL@UMICOMMUNITIES.COM



FIELD HOCKEY

Meeting a milestone

Saturday's win against Davidson gives Dukes their third win this season and head coach 100th career win



KATIE BAROODY / FILE PHOTO

Head coach Antoinette Lucas is the third coach in JMU field hockey history to reach 100 career wins. Lucas was a 12-year member of the U.S. National Field Hockey Team and played in the 1996 Olympics.

By **EVAN NICELY**
contributing writer

Field hockey head coach Antoinette Lucas has reached a career achievement that only two others in the program have.

Lucas joins Christy Morgan and Dee McDonough as the only coaches in JMU program history to reach the 100-win milestone after a 1-0 victory against Davidson.

"Honestly, I had no idea it was coming up," Lucas said. "But knowing that I met that milestone, what means the most to me is thinking about all the athletes I've had the pleasure of working with and what they brought to this milestone."

Lucas, a two-time All-American at Northwestern in both field hockey and lacrosse, was a 12-year member of the U.S. National Field Hockey Team playing in the 1996 Olympics and four World Cup teams before retiring from the game in 2002 to become a full-time coach.

Considering the field hockey program's history, including the 1994 national championship and making the NCAA tournament nine times since its inception in 1981, it's an attribute to her coaching ability to be able to continue the standard of winning since she took over in 2004 despite the fact the program was reeling.

She inherited a team that hadn't been to the NCAA tournament since 1995 and in her first season, she began focusing on improving a team that compiled a 4-16 record. She immediately bounced back in her second season in 2005 and had an 11-9 season. She's shown steady improvement in her six seasons since and currently holds a 100-70 career record as JMU's head coach.

"It's definitely a great accomplishment on her part and really a reflection on her impact on the players that she's

had before us and the players she has now," said redshirt freshman Taylor West.

"What's kept me here so long is that it's a terrific place to be," Lucas said. "I didn't think that coming in. I maybe thought coming to JMU was a stepping stone in my career and then quickly realized it was a wonderful place to be."

The moment she came to this realization was in 2006 against Old Dominion in the CAA championship game. They defeated the Monarchs and eventually went on to a 15-8 record and an appearance in the NCAA tournament where they ultimately lost to Duke in the first round. Lucas continued to lead the Dukes to the same level of success the 2006 team had by winning the CAA championship again in 2007 and 2008.

Despite the success she's had as a coach, her athletes say the impact she has in their development as players and people has been the key ingredient during her tenure.

"She's just a great person who really cares about her athletes," West said. "She can really motivate you. She's challenged me as a player to improve and to reach my full potential."

After the win on Sunday, the Dukes will now try to give Lucas the No. 101 win on Friday as they take on an under-rated Longwood University team. Longwood, which is 1-6 this season, has had four of the team losses by 2 or fewer goals will be looking to break through against the Dukes who feel confident going forward.

"We just need to focus on some key things and attack the game the way we know how, and I think the outcome will be one that we'll like," West said.

The game on Friday will be at 7 p.m. at the Field Hockey complex across from Rose Library.

CONTACT Evan Nicely at nicelyej@dukes.jmu.edu

FOOTBALL

Battle of the unbeaten

Dukes look to redeem themselves with win at FedEx Saturday



MATT SCHMACHTENBERG / THE BREEZE

Redshirt running back Dae'Quon Scott preps in Tuesday's practice for West Virginia on Saturday. Scott is the reigning CAA Player of the Week after his performance against Alcorn State. Scott played for 27 minutes and accumulated 108 rushing yards which gave him his ninth career 100-yard game.

By **CARLEIGH DAVIS**
The Breeze

The last time the Mountaineers played a Football Championship Subdivision team, they came out on top 55-12. That was last season against Norfolk State University.

This is what JMU has to look forward to when the two teams face off this weekend at FedEx Field in Landover, Md.

West Virginia University is currently ranked No. 9 in the AP Top 25 and ranked No. 8 in the Coaches' Poll. Against Marshall, WVU ran 74 offensive plays for 655 total yards.

WVU's offense features senior quarterback Geno Smith, a 2013 Heisman Trophy contender. Against Marshall, Smith threw for 323 yards, going 32 of 36. Smith scored four touchdowns. "They're a tremendous offensive football team," said head coach Mickey Matthews. "They have one of the top three quarterbacks in the nation. He plays with a lot of confidence, and they have great speed on offense. Defensively, they've changed defensive schemes."

Last season, Smith had 31 touchdowns and averaged 8.34 yards per throw. Beside him, senior running back Shawne Alston, a Hampton native, Alston carried the ball 16 times against the Thundering Herd, rushing for 123 yards and two touchdowns.

These numbers and WVU's average of 40 points a game is what JMU's defense is preparing for, redshirt junior linebacker Stephon

Roberston said.

"We're nervous about every game, so we'll handle it well, hopefully," Robertson said. "It's a big game for us, and we're excited."

Last week against Alcorn State University, the Dukes won 42-3 in a sloppy penalty game. The Dukes had seven penalties for 70 yards that gave Alcorn State opportunities they wouldn't have gotten otherwise.

But Robertson shrugged this off, saying the team is only looking forward.

"There's a lot of silly, tacky ones like face-masks and blocks in the back," Robertson said. "That's easy stuff to change. We just go out and play our game and don't worry about it."

On the offensive side, redshirt junior wide receiver Marquis Woodyard said they've been analyzing the Mountaineers' weaknesses.

"We've been sorting out ways to open it up more and attack what we feel are WVU's weak points on defense and trying to put up as many points on the board as possible to help our defense," Woodyard said.

Practice Tuesday ended on a high note.

"We certainly had a good practice," Matthews said. "We have four days to get ready for [the game], and the guys are looking forward to it. They're focused."

Kickoff against WVU is set for 4:30 p.m. Tickets are still available on jmusports.com/tickets.

CONTACT Carleigh Davis at davis3ca@dukes.com.

way to go DUKES

FROM YOUR FRIENDS at

NOW LEASING FOR 2013-2014

starting at **\$435** or snag one of our few remaining rooms for 2012-2013 & get these sweet deals!

Also, we're STILL waiving
Application fees &
Restoration fees

FREE
FIRST FULL
MONTH'S RENT

888.472.7404

FOLLOW US YOUR WAY
1941 Sunchase Drive, Harrisonburg, VA
[Twitter.com/sunchasejmu](https://twitter.com/sunchasejmu)
[Facebook.com/sunchase.at.jmu](https://facebook.com/sunchase.at.jmu)
www.Sunchase.net/mobile

Limited time offer/ Some exclusions apply.

WIN

| More credibility



COREY CROWE / THE BREEZE

Senior forward Paul Wyatt tries to beat out UNC's senior midfielder Martin Murphy in Saturday's 1-0 win at home.

from front

the team to schedule games against other top teams in the future.

"I think it gives us credibility,"said head coach Tom Martin. "In terms of credibility, I mean in terms of a couple things. One, playing good soccer and playing good people. Two, to get a team of North Carolina's stature here, a lot of it had to do with the facilities."

For Martin, who has the most career wins (455) of any active coach in Division I soccer, the UNC win ranks as one of the biggest victories of his career.

"Years ago, those are the kind of games that we envisioned [University Park] being all about," Martin said. "You get a good crowd, you get a fantastic facility, you get nice weather, you get a good result. Very rarely is it a perfect storm, where all that stuff comes together. Tonight it did."

Before facing the Tar Heels, the Dukes had a nine-day break between games. During this extended period, the team ramped up its practices to work on its fitness in preparation for their upcoming games. The Tar Heels' last game was on Sept. 8.

"We worked very hard for a week, very hard, almost like preseason," Martin said. "A couple of the days, we had two-a-days to try and prepare us, not necessarily for [UNC], but we had a chance, with the nine day break, to really squeeze in some heavy training, especially heavy fitness training."

With this huge victory, the team has raised the bar for itself. The Dukes look to compete at an elevated level for the remainder of the season.

"Obviously, this big win sets a standard for us, that we need to come in every game with this intensity and this mindset," Newcity said. "I think the team will come into training with the mindset more like we've been preparing for this game, and run it straight through the rest of the season."

The Dukes will take their 2-2-1 record into a matchup against Hofstra University at home Saturday in their first CAA game of the season at 7 p.m. at University Park. The Pride is currently 4-0-1 and coming off a 2-1 win against University at Albany on Sunday. The team has outscored opponents 10-4 this season.

CONTACT Wayne Epps at eppswl@dukes.jmu.edu.

PICKSoftheWEEK

Meaghan Sports Editor 2-4	Sean Photo Editor 0-0	Torie Editor-in-Chief 3-3	Jeff Managing Editor 3-3	Nick Opinion Editor 4-2	Ryan Photo Editor 3-3	
JMU vs. West Virginia	WVU	JMU	JMU	WVU	JMU	WVU
Notre Dame vs. Michigan State	Notre Dame	Notre Dame	Notre Dame	Michigan State	Michigan State	Notre Dame
Southern California vs. Stanford	Stanford	Stanford	USC	USC	USC	Stanford
Bears vs. Packers	Packers	Packers	Bears	Bears	Packers	Bears
Lions vs. 49ers	49ers	49ers	49ers	49ers	49ers	Lions
Vikings vs. Colts	Colts	Colts	Colts	Vikings	Colts	Colts

'Picks of the Week' matches the predictions of six Breeze editors.

Want to be a guest for the 'Picks of the Week'? Email breezesports@gmail.com.

CHASE KIDDY | fanatic and proud

Choosing between my past and present

Loyal West Virginia fan torn between rooting for favorite team or Alma Mater

Just a few days after a euphoric 21-16 victory over



Virginia Tech in 2010, some friends asked me a difficult question. "Who would you cheer for if JMU ever played West Virginia?"

That's it. It wasn't a calculus problem, an organic chemistry equation or even a classical literature trivia question. It was a simple sports question. Not who would I take first in a fantasy draft, or if I like the Under on the Ravens-Steelers game.

But I had no idea. If you have ever seen on my sports blog or glanced at a tweet I've shot off on game day or if you've just had a five-minute conversation with me between the months of August and January, then you've probably realized

that I am a huge, raging, dangerously obsessed West Virginia fan.

My web browser history probably records 100 hits a week on WVU sites. Half the time I spend on ESPN is just to know what's going on with the old gold and blue. I have an entire section of a drawer devoted exclusively to West Virginia apparel. An autographed Pat White jersey hangs in my room as I write this. My favorite number is four because I'll never be as good as No. 5 (the aforementioned White).

It's bad, people.

But I love JMU! Don't think I don't love the school I go to, the place where I found out what I want to do with my life. I beam when people ask me where I attend school, and I proudly inform them that I will graduate from James Madison University.

Two years ago, I mocked Tech fans at JMU for their indecision. Now, in a rare

moment for me, I totally empathize with the deluge of maroon-wearers around here.

Maybe they can both win? I often hear parents and teachers speak about the love for their children, remarking that they don't love their children more or less than the other; rather, they just love them in different ways. Honestly, I thought that was a load of crap until now.

Which child do I love more? The school of my heritage, the flagship university of the state where my entire family has come from, lived and died in since the 18th century? The team that made me love football, growing up in the shadow of their stadium in Morgantown, West Virginia?

Or is it the school that prepares to honor me as a graduate, the place where I transitioned into adulthood, the place where I call my home?

How do I choose between my past and my present? It's been two full years, and I still haven't found the answer I've been looking for. The bottom line is that two teams will enter FedEx field on Saturday, and only one can leave unbeaten.

Someone's unspoiled season will come to an end this weekend, and regardless of which one, I'll be the loudest one cheering in the whole stadium.

Then again, there may be one final thing to consider. The 2004 football season was the last meeting between West Virginia and JMU. The Mountaineers prevailed 45-10, but it hardly spoiled the Dukes' season. Later that year, Mickey Matthews led JMU to their first Division I-AA National Championship. I don't know about you, but I'd call that a win-win.

CONTACT Chase Kiddy at kiddyca@dukes.jmu.edu.

2013-2014

LEASES

AVAILABLE NOW!

EMILY WINTERS

foodie on a dime

A 'locavore' college budget

Senior takes on Farmers Market, co-op and gourmet recipes



I've always loved to cook. Growing up in an Italian household, it was hard not to pick up some basic skills. When I moved into an apartment, my mom was a valuable resource for cooking advice. I called her at least three times a week for step-by-step instructions on how to make something. As I gained confidence in my cooking skills, I started reading food blogs for inspiration. I stumbled upon the whole foods model, which is based mainly on a diet of vegetables and whole grains, and once I started eating this way, it was hard to go back. I also began reading about the local food movement and what it means to be a "locavore."

A locavore is someone who strives to eat locally produced food that hasn't traveled more than 200 miles to reach the plate. For me, being a locavore is about having a love for fresh, wholesome food and a strong sense of community. This is when I decided to check out the Harrisonburg Farmers Market.

>> Check out Emily's homemade tomato sauce recipe at breezejmu.org.

After one visit, I was hooked. I'd get there early, grab a breakfast sandwich from a local vendor and scour through the funny-looking produce, wondering what I could cook with it. While some farmers markets set prices higher than you'd find in a grocery store, Harrisonburg's market does the opposite. The value placed on community and the local support of the market allows vendors to sell affordable produce.

I'm always talking about what I cooked for dinner the night before, and my friends constantly ask me for recipe ideas and cooking advice. I love helping and showing them that cooking is easier and less time-consuming than they think.

This twice-monthly column will focus on how to find the balance between eating local and grocery store vegetables and protein while staying within a college budget. Keep an eye out for recipes and tips like making 10-minute meals, staying within a budget and navigating the farmers market.

My goal is to show people that cooking with local, healthy food doesn't mean spending hours slaving over the stove. You can do it, and I'm going to teach you how.

Emily Winters is a senior School of Media Arts & Design major. Contact her at winterer@dukes.

Hit the ground running

How to prep for off-campus running trails



RYAN FREELAND / THE BREEZE

Purcell Park is one trail Harrisonburg offers for beginning runners. The trail is 1.5 miles and is located just a mile from campus on Monument Avenue.

By **KELSEY NUNN**
The Breeze

Whether you're a running newbie or a marathon madman, as the weather cools down, it's time to hit the trails. Harrisonburg offers many options, like Purcell Park, which is 1.5 miles, and Hillandale Park, a 1.3 mile loop.

General tips

When just starting out, it's important not to overdo it. For beginners, start running just a few days a week and go from there.

"There's a strategy where and when you start out," said Zach Poelker, a sophomore engineering major and men's cross country club runner. "You should run at a pace where you're

comfortable to talk."

If you're training for a race, have one long run per week and several shorter ones.

"My long runs go up week by week," said Sam Gorham, a junior history major who's training for the Marine Corps Marathon in October. "This Sunday will be 17 miles. My weekday runs are six to 10 miles."

What to eat

Because running burns about 470 calories per hour, being overly critical of what you eat isn't necessary. But there are certain foods that should be avoided.

"I really try to watch for saturated fat and excess sugar," Gorham said. "I'll drink a sports drink or chocolate milk after a run for recovery,

but not soda or sweetened tea."

During a workout, having the right nutrients is key. Gorham recommended whole-wheat carbohydrates, like pasta, before you run.

"I always have to have a little something in my stomach before a workout so I don't crash during," said Colin Squier, senior marketing major and vice president of the triathlon club.

Stretching

Stretching after your workout is always recommended, but the types of stretching a runner does before and after the workout can differ.

"I would do more dynamic stretching like high knees, butt kicks and karaoke before you

see **RUNNING**, page 10

A new perspective

After film release this summer, professor also directs play he once acted in

By **ALEXIS FRYE**
contributing writer

In 1995, Professor Kevin "Wolf" Sherrill performed in one of the first regional productions of the play "subUrbia." Seventeen years later, he's directing it at JMU.

Sherrill originally performed in the play with the Contemporary American Theatre Company in Columbus, Ohio, as the role of Buff, the main character's best friend.

Sherrill hopes to bring a more mature approach to this production, given his ability to look back on the 1995 performance with 20/20 hindsight.

"When we're in our 20s, we have one view of the world," Sherrill said. "We have a different view of that when we are middle-aged."

The play, this time produced by the JMU Department of Theatre and Dance, focuses on a group of young people who hang out on the corner of a convenient store. When one of the former members of the group comes back and as a rock star, the dynamics of the group change.

"Each character is someone that an audience member will recognize or connect with from their lives," Sherrill said.

Performing in the original production helped renew Wolf's passion for acting, which made him continue his career in theatre.

"Being cast in the production was a real turning point," said Sherrill, who was then 27. "If it weren't for 'subUrbia,' I wouldn't be in this office



JORDAN CMEYLA / THE BREEZE

Kevin "Wolf" Sherrill, a theatre professor, is the director of "subUrbia," which will premiere at the Forbes Center for the Performing Arts on Sept. 25. Sherrill acted in the play's original production in 1995 at the age of 27.

[as a college theatre professor]."

But Sherrill doesn't always work from the director's chair or an office desk. This summer, the film "The Fellows Hip: Rise of the Gamers," was released and featured Sherrill as Baba Melvin, a hippie commune leader and ex-gamer.

Through filming, Sherrill was reminded of how much joy can exist in the storytelling of acting. He tries to share this with his students in classes like intermediate acting, auditioning and business issues, stage combat and scene study.

"Storytelling is an important part

of being a compelling performer," Sherrill said. "To teach acting, I need to continue to practice the craft."

According to Sherrill, his upcoming show "captures the urban poetry of young people," highlighting how

see **SHOW**, page 10

BIWEEKLY CALENDAR

WHAT'S HAPPENING THIS WEEK THURS.-SUN.

SEPT. 2012

THURSDAY	FRIDAY	SATURDAY	SUNDAY
13	14	15	16
<ul style="list-style-type: none"> 'Late Night Breakfast: The Oregon Trail' in the Festival Lower Drum from 10 p.m.-12 a.m. Murphy's Kids with The People's Blues of Richmond at 8 p.m. Tickets available for \$5. 	<ul style="list-style-type: none"> JMU RISE 'Sister2Sister' in the Arboretum Pavilion from 5 p.m.-8 p.m. Chris Thomas King performing at Clementine Cafe at 9 p.m. Tickets available for \$15. The Arc of Harrisonburg and Rockingham 50th Anniversary Celebration at Lucy Simms Center from 3 p.m.-11 p.m. 	<ul style="list-style-type: none"> 'Music in the Courtyard': Randy Black Duo performing at Cave Ridge Vineyards from 6 p.m.-9 p.m. Free admission. 'Darlington Pair: Experimental Indie Pop Night' from 8:15 p.m.-11 p.m. at Augusta Arts and the Unreal City in Staunton. Donations are optional. "Two Small Pieces of Glass" at 2:30 p.m. and "Dawn of the Space Age" at 3:30 p.m. in the John C. Wells Planetarium. 	<ul style="list-style-type: none"> Valley AIDS Network "Tour & Taste" bike ride at Cross Keys Vineyard starting at 9 a.m. Tickets are \$50. Singer Dorothy Maddison performs in the Recital Hall of the Forbes Center for the Performing Arts. Tickets are \$5 with JACard.

<< Send us your club or organization's events for our calendars every Monday and Thursday. Email us at breezearts@gmail.com. >>

Local band Sammy G and the Jackknives gives to vets

By JAIMIE MULLIGAN
contributing writer

Robin has broken his teeth multiple times during a performance, Sammy's had to take his pants off due to a failed bet and Robin seems to break his strings on a regular basis — regular enough for there to be a actual band song called “Chris Broke a String” to cover for him while he fixes his instrument.

Featured at this semester's Block Party in the 'Burg, Sammy G and the Jackknives is showcasing its talents and giving back to war veterans.

On Tuesday night, the band — made up of lead singer Sammy “G,” guitarist Chris Robin, drummer Curly Clark and bassist Grayson Newberry — performed a benefit show at the Blue Nile, raising \$550 through \$5 ticket sales for the Wounded Warrior Project, a program dedicated to enlisting public aid for injured service members.

While the band does not normally support these “feel good” type of functions, this was one the entire band could stand behind due to Robin's connection to the cause.

“It really does help restore honor to the fallen and the people still fighting,” said Robin, who's been in the Army for five years and has friends and family serving in

Afghanistan. “It's what [the fallen] would want for their fellow men.”

A self-described folk-rock band, Sammy G and the Jackknives draw inspiration from The Replacements, Third Eye Blind, along with Pennsylvanian punk rock band The Menzingers.

But unlike their older idols, this band doesn't make money from selling music. Instead, it makes money from T-shirt sales and donations from fans.

“We do this because we love it,” Robin said. “It brings back that old familiar feeling of the hometown band.”

The band makes free demo CDs with simple sound-recording software. But with the introduction of their second CD, the cost will be greater because of more complicated sound software.

Robin admits that, because of higher production costs, their next album will not be free.

While each member has played with bands before, none had felt a connection like they do with their current endeavor.

“We'd all been playing for years, but none of us saw this coming,” Clark said. “It just clicked.”

Despite having food service jobs, like Curly, or students at Blue Ridge College, like

Newberry and Robin, the band members still find time to write their own music and play once a week at the Blue Nile.

For Sammy, a 2010 JMU graduate who majored in English, a balance between band life and education is more complicated; he's attending graduate school at Liberty University in hopes of becoming an English teacher. He personally views his time on stage as a release from conforming in society.

“When I'm on that stage, I can say whatever I want, do whatever I want and nobody's going to do anything about it,” Sammy said.

Sammy regularly reaches out to his fans during concerts, standing close enough to touch them. He jumps from bandmate to bandmate, getting close enough to feel each other's sweat.

The band's wild stage antics are what fans at Tuesday's show found most appealing. The fans mimicked the band's energy; singing along during the 30 minute show, laughing at the jokes Sammy told in between songs, and forming a mosh pit during the last song, “Chip.”

Dancing around on stage isn't the band's only form of stage antics.

“I've never seen anything like it,” said Ashley Irvin, a



MATT SCHMACHTENBERG / THE BREEZE

From left: Lead singer Sammy G, drummer Curly Clark, bassist Grayson Newberry and guitarist Chris Robin rehearse in the basement of their home in Harrisonburg. They perform every week at Blue Nile.

freshman biology major. “They are constantly all over the stage, jumping, kicking, just going wild.”

Although the atmosphere promoted by the band during concerts is lighthearted and jocular, the lyrics of the songs they write and play reflect a different story; one of Sammy's personal struggles through alcohol problems and revenge against “the world.”

“I always take away

something,” said Geoff Snow, the band's production manager. “Even if you aren't subject to the same beliefs, they're certainly entertaining.”

To keep things fresh for fans, the band not only commands an impressive stage presence, but changes its song line-up every show, sometimes playing covers. Tuesday, they performed nine original songs.

“I've seen every one of their shows,” said Drew Johnson, a

JMU Dining Services employee. “It's always something new every time.”

Sammy G and the Jackknives' next performance will be Tuesday at 9 p.m. at the Blue Nile. More information about them and links to their music can be found on their Facebook page.

CONTACT Jaimie Mulligan at mulligjl@dukes.jmu.edu.

ALBUM REVIEW

Soft sounds ‘Coexist’

Quiet chords at the heart of the xx's sophomore album

By JACK KNETEMANN
The Breeze

The xx's second record, “Coexist,” is an album that forces you to listen closely.

The band, particularly the work of percussionist and producer Jamie xx, has reached beyond its indie base and deeply impacted the R&B and hip hop world; its respect is so deep that Drake had Jamie xx produce his hit song “Take Care.”

The xx
Coexist
★★★★★
Released Sept. 5

What makes the xx a touching point across the genre lines is its ability to build so much drama out of so little. The vocals of singers Romy Madley Croft and Oliver Sim rarely rise above a whisper, while Jamie xx places just enough percussion to meld the songs together. Rather than use raw power, the xx make every note stand out. “Coexist” is not an album to jam to with friends; it's an intensely

personal listen.

Listening to the record in private is the perfect setting for the themes “Coexist” explores: intimacy, the fear of abandonment and separation anxiety. Fans of the xx's 2009 eponymous debut will notice that this isn't exactly new territory for the band, but the tact is quite different.

Though the powerful crescendos and tasteful use of sub-bass that powered their debut's songs like “Islands” may be missed, “Coexist” is pairing down the xx's sound even further. “Unfold” is built around a guitar line so sparse that you probably wouldn't even notice it in the clutter of a normal rock record. When Sim's voice slips in, you might feel the need to hold your breath. When Sim and Croft cry out “Oh, let it unfold” after a brief fadeout, you're listening so closely that the contrast feels shocking.

What makes “Coexist” so much more than a meditation exercise is the piercing storytelling. The xx write almost solely about love and sex, but their angle isn't about personal satisfaction; it's about the relationship.

Unless you're R. Kelly or Barney Stinson, this is much more relatable than your average R&B. The songs that comprise “Coexist” feel a lot less romanticized, which make them even more personal.

Opening song, “Angels,” shows Croft's joy in opening herself to another. It's the only track featuring solely Croft on vocals, which shows off the delicacy of her delivery of the song's chorus.

Sim balances this with a lead on “Chained,” which is but one example of the intrigue created by blending Sim and Croft's vocals. The balance of male and female vocals gives the lines a depth one singer can't express.

“Coexist” may be difficult to fall into because of how particular it is. The songs rarely build, which forces you to engage them on their terms.

It's a record that requires both dedication and concentration, but it rewards you for your patience.

CONTACT Jack Knetemann at knetemjw@dukes.jmu.edu.

RUNNING | More than exercise



RYAN FREELAND / THE BREEZE

Finding the right pair of shoes is key to a safe run. Look for ones with ankle support and proper tread.

from page 9

run and static stretching after your workout,” said Matt Jewell, senior kinesiology major and president of triathlon club.

Shoes

Finding the right shoe for a run is key to avoiding injury and can help improve your stride.

Although there is a large movement toward minimalist shoes with less support, few people have a nice enough stride to go straight into them, and Jewell recommends starting with a shoe with more support.

“Your body is going to find the most efficient way to protect itself,” Jewell said. “It will find the foot stride that will put the least pressure on you and that's always going to be the balls of your feet.”

But most people experience an inward collapse of their ankle, in which a lot of pressure is put on the knee. That's why having the right shoe for

support is key.

“I would go to somewhere like the Runner's Corner,” Squier said. “They put you on a treadmill and watch you run, and they'll recommend a shoe for you.”

Buying new shoes when it's time is also important in avoiding injuries like shin splints.

“When you see the tread is even with the other parts of the shoe, or if they are ripping or if your feet start hurting, it's time to get a new shoe,” Poelker said.

Safety

Watch for vehicles, even if they aren't watching for you.

“I almost got hit by a horse and buggy the other day,” Gorham said. “I looked behind me and I was about to get trucked by a horse.”

Squier recommends to run against traffic.

Poelker said while running with friends, a college student pulling out onto the road, watching for traffic instead of pedestrians, hit

him. He advises to pay attention to traffic rules, and watch for people who aren't.

If you're going on a nighttime run, make sure to be visible.

“There's a company called Road I.D. that makes a tag for you in case you were to pass out or get hit by a car, it has emergency contact, blood type and medical history,” Gorham said.

Gorham said it comes as a reflective bracelet as well. They also sell flashing lights you can clip on your shorts.

“I got a pouch for my JACard, keys and medical I.D. and a reflective strip,” Gorham said. Regardless of your current running abilities, Gorham admits that it's a lifestyle that takes practice, but gets easier — and even addictive.

“The first thing I think of when I wake up is where I'm going go for a run and when,” Gorham said.

CONTACT Kelsey Nunn at nunnkm@dukes.jmu.edu.

PREVENTION | Services at JMU

from front

of the people who commit suicide had a diagnosable and treatable psychiatric disorder at the time of their death.

Adams thinks so many people don't get the help they need because they don't want to admit that there's something wrong.

“In the military and in our culture in general, there is such a stigma about mental health,” Adams said. “People are afraid to be honest with themselves and other people that they have issues. They are afraid they will be ostracized.”

Adams said he was in the best physical shape of his life in Iraq, but his mental health deteriorated as he was continually exposed to violent situations.

“Guys kept getting killed or injured, but a few hours later we would be out on patrol again, doing raids on houses and interrogating people,” Adams said. “You have to drive around on the same streets that your buddies got killed on, and you're always waiting for something to happen.”

Adams said he witnessed death for the first time while his unit was stationed in Tikrit, Saddam Hussein's hometown.

“The first week we were there, a really close buddy of mine had both his legs blown off by an [Improvised Explosive

Devise] attack, and he bled to death before we could get medical assistance,” Adams said.

Three and a half months after being shot, Adams was re-deployed by the Army and went back out on missions, though he “felt like a nervous wreck.”

After fulfilling his three-year contract with the Army, Adams was honorably discharged and returned to the United States. But he soon found out that going home didn't mean he would be able to get away from what he saw.

“When I got back I was so angry,” Adams said. “I had a lot of frustration about what had happened over there, and the fact that nobody over here knew what was going on.”

Adams suffered from PTS in silence, even though it was drastically affecting his life.

“I started isolating myself,” Adams said. “It got to the point where I was just pacing around my house, and I couldn't sleep because I would wake up from horrible nightmares drenched in sweat.”

After talking to a counselor at the Veterans Association, Adams learned that there were many other men his age with the same symptoms.

After seeing a mental health doctor, Adams was diagnosed with PTS and focused completely on his treatment. It was a year before Adams felt comfortable enough to take on more

More about mental illness

- One in four college-age students have a diagnosable mental illness
- 26.2 percent of 57.7 million people suffer from diagnosable mental illness
- 20.9 million American adults have a mood disorder
- Nearly one million people attempt suicide each year.

*according to the National Mental Illness Association

responsibility, and in 2007 he enrolled in Rutgers University.

“It takes a much stronger person to be able to love themselves realistically and accept the fact that they need a hand,” Adams said.

There are currently about 70 veterans enrolled in classes at JMU. The university has several services for these students to help them with the adjustment. The Counseling and Student Development Center has a section dedicated to counseling veterans who have recently returned from war.

CONTACT Evi Fuelle at fueelleen@dukes.jmu.edu.

SHOW | Student-produced

from page 9

they search for the meaning of their lives. Sherrill also emphasized how important it is for the play's actors to be playing characters their own age, a sometimes rare and distinctive opportunity for college actors.

The cast rehearses three and a half hours a day. There are production meetings to make sure that the set team, costume designers, lighting crew and cast are moving in the same direction.

The production is student-heavy with many of the technical aspects headed by students, which is uncommon.

“It is great that the faculty can trust a Mainstage production to students,” said Shane Dreher, a senior theatre and dance major and the play's technical director.

As director, Sherrill spends hours thinking of ways to overcome challenges with the

set, characters or storyline, clarifying a moment within the play to tell a precise story.

“The set is hyper-realistic,” Dreher said. “The audience will feel like they're in the world.”

This production differs greatly from the one that Sherrill was in. With a bigger budget than Sherrill's original production, the set, a replica of a 7-Eleven parking lot, is larger and allows for a greater attention to detail. It also includes a full-sized Dumpster and oil stains on the pavement.

“Our ultimate goal is to tell a story that entertains, but also invites the audience to consider what is meaningful in their own life and the choices that they make,” Sherrill said.

Sherrill has directed other JMU productions including William Shakespeare's “Twelfth Night,” Steve Martin's “Picasso at the Lapin Agile”

“subUrbia”

When Sept. 25 through Sept. 30

Time 8 p.m. each night, with a matinee at 2 p.m. on Sept. 30

Tickets \$14 general admission, \$13 for JMU faculty, staff and senior citizen and \$11 for students with a JACard

and Mary Zimmerman's “Metamorphoses.”

“His professional experiences obviously inform his work as a teacher,” said Terry Dino-Brean, director of the School of Theatre and Dance, “but more importantly, they make him an invaluable mentor for our students.”

CONTACT Alexis Frye at fryeaj@dukes.jmu.edu.

HOW WILL YOU BE REMEMBERED?

OFFICE OF JUDICIAL AFFAIRS SUMMARY • JULY 1, 2011 - JUNE 30, 2012

	Violation	Fall	Spring
O N	Alcohol	451	350
	Responsibility for Guests	56	34
	Non-Compliance with an Official Request	55	64
	Drugs	51	31
C	Failure to Comply with a Disciplinary Decision	46	48
	Dangerous Practices	28	17
A	Theft	24	19
	Disorderly Conduct	23	39
M	Falsification of Information	12	0
	Destruction of Property	11	20
P	Trespass	10	18
	Violence to Persons	7	14
U	Unauthorized Use/Transfer of Property/Document	7	14
	Weapons	6	3
V	Obscene Conduct	5	3
	Unauthorized Entry	3	0
I	Projectiles	3	0
	Fire Suppression/Detection Equipment	2	3
L	Harassment	2	1
	Personal Abuse	1	1
A	Soliciting, Selling, Petitioning, etc.	1	0
	Sexual Assault	1	2
T	Computer Misuse	1	0
	Parking	0	1
I	False Alarm or Fire Drill	0	1
	Smoking	0	2
O	TOTAL:	806	685
	Alcohol	260	169
N	Drugs	18	19
	Non-Compliance with an Official Request	5	8
S	Violence to Persons	1	0
	TOTAL:	284	196

NEW POLICY

Enlightened Citizens Amnesty
Students who voluntarily report they are in need of medical attention, have medical attention requested for them by a bystander, or bystanders who voluntarily report that someone else is in need of medical attention due to the consumption of alcohol or drugs may apply for amnesty from receiving a strike. Approvals for this policy are made by the Office of Judicial Affairs.

Office of Judicial Affairs
MSC 2901 - Frederikson Hall, C101
(540) 568-6218
www.jmu.edu/judicial

UREC would like to recognize our AMAZING housekeeping team! Because of you, UREC looks as new as it did when it opened in 1996.

Thank you for being THE BEST!

Manager: Carolyn Wallace
Wilda Dove
Lori Hornick
Eric Jenkins
Vickie Elyard
Linda Hensley
Terry Hameline
Tammy Propst

Welcome Back Students

DON'T LET ILLNESS AFFECT YOUR COLLEGE EXPERIENCE

EmergiCare

755A Cantrell Ave.
Harrisonburg, VA
(Next to Hardee's)
540-432-9996
Free Wifi!

Now accepting JACards

Prompt Medical Attention * No Appointment Necessary

* Minor Injury & Illness Treatment * X-ray * Flu Shots *
* Physicals * STD Testing * Dehydration Treatment *

OPEN 7 DAYS A WEEK: Mon-Fri 9-8 * Sat 10-4 * Sun 1-6

free yoga near JMU

Fall session begins Sept. 17

The Center

Just a short walk from JMU in Harrisonburg's beautiful downtown, all of our classes are free & open to the public
September 10-16!

We offer special student rates & discounts on classes

the center

540.432.0644
www.thecenterdowntown.org

70 N. Mason Street Suite 10
Harrisonburg VA 22802

TWO THOUSAND TWELVE

JAMES MADISON

Virginia**529**
COLLEGE SAVINGS
Classic

PURPLE OUT FedExField!

SATURDAY, SEPT. 15, 4:30 P.M.

JMU FOOTBALL VS. WEST VIRGINIA

FedExField - LANDOVER, MD

FedExField

FOR TICKETS GO TO TICKETMASTER.COM

Sudoku

☆☆☆☆☆

	9	6				4		
4	1				9			7
5				6			3	
		2				1		
		8		7		9		
		4				6		
	6			9				5
7			2				9	6
		9				3	4	

brainfreezepuzzles.com

Sudoku

★★★★★

						2		
		8	4					
6	3	4				1		8
2					9			
	4						6	
			8					4
8		2				7	5	3
					1	9		
		7						

brainfreezepuzzles.com

Rules: Fill in the grid so that each row, column, and 3x3 block contains 1-9 exactly once.

THE TV CROSSWORD

by Jacqueline E. Mathews

	1	2	3	4			5	6	7			
	8						9			10	11	
12							13					
14					15					16		17
18				19					20			
		21	22					23				
		24						25				
26	27						28					
29					30	31				32	33	34
35				36					37			
	38		39					40				
	41							42				
			43					44				

Created by Jacqueline E. Mathews

ACROSS

- 1 “__ ’70s Show”
- 5 Rather or Aykroyd
- 8 __ d’oeuvres; appetizers
- 9 October birthstones
- 12 Star of “The Apprentice”
- 13 Laura of “Are You There, Chelsea?”
- 14 “Don’t __ with the Zohan”; Adam Sandler movie
- 15 “__ & Clark: The New Adventures of Superman”
- 16 Suffix for fact or habit
- 18 Average grade
- 19 Series whose theme song is “Bad Boys”
- 20 Robert De __
- 21 Cure
- 23 Ferrer and Feliciano
- 24 Arm bone
- 25 James __; 007
- 26 Singer __ Joplin
- 28 __ about; approximately
- 29 Painting and sculpturing
- 30 “Happy __”
- 32 Diminish; lessen

- 35 One of The Three Stooges
- 36 Cleaning cloths
- 37 “__ Breckinridge”
- 38 Japanese detective of 1930s films
- 40 Morley of “60 Minutes”
- 41 Brush __; disregard
- 42 “Sometimes you feel like __, sometimes you don’t...”
- 43 Donkey
- 44 Matthew Fox drama series

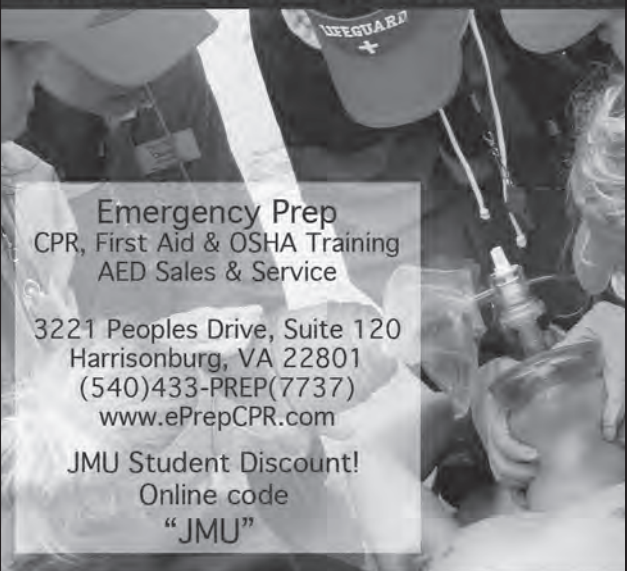
DOWN

- 1 “My __ Sons”
- 2 HGTV reality series featuring prospective home buyers
- 3 Weapons
- 4 1/3 of a tablespoon: abbr.
- 5 __ Roberts of “Everybody Loves Raymond”
- 6 “Rise of the Planet of the __”
- 7 Siesta
- 10 Actress Julia __
- 11 Hidden trap
- 12 HBO competitor
- 13 Herman Munster, to Eddie
- 15 Actress Glaudini
- 17 “NCIS: __ Angeles”
- 19 Fires, slangily
- 20 “__, Nanette”
- 22 Whitney and Wallach
- 23 Stewart and Cryer
- 25 “__ Don’t Cry”; Hilary Swank film
- 26 “Space __”; Michael Jordan movie
- 27 Fragrance
- 30 Goes out with
- 31 Long __; in the distant past
- 33 Actress Butler
- 34 Saloon
- 36 Serling and Steiger
- 37 __ War; thoroughbred champion
- 39 Actress Farrow
- 40 Actor Mineo

H	A	L	F			A	M	Y					
E	D	I	E			T	R	U	M	P			
S	A	V	E	D		F	E	E	L	E	R		
I	V	E	S		B	R	A	D		E	O	N	
M	E	N		D	O	O	M		I	T	B	E	
				T	O	O	L		A	N	T	E	D
				U	S	E	D		N	O	A	H	
G	I	R	L	S				A	N	N	E		
O	R	E	O		F	A	M	E		P	A	Y	
D	E	S		D	O	L	E		T	R	U	E	
		N	O	D	E	A	L		F	R	E	D	S
		E	F	R	E	M			D	E	S	I	
				U	S	S			R	E	S	T	

CPR CERTIFICATION

life skills in a low stress environment



Emergency Prep
CPR, First Aid & OSHA Training
AED Sales & Service

3221 Peoples Drive, Suite 120
Harrisonburg, VA 22801
(540)433-PREP(7737)
www.ePrepCPR.com

JMU Student Discount!
Online code
“JMU”

AHA BLS for Healthcare Providers

Blue Ridge Aviation



Actually fly the plane!

Introductory Flight Lessons
\$59/30 min.flight

\$5 JMU discount
off aircraft rental

Nathan Krobath
540.246.9407
facebook.com/Blue-Ridge-Aviation
flyblueridgeaviation.com/

Blue Ridge Aviation

Showalter's Cornmaze

only \$6
with a JAC card

Sept 1st - Nov 3rd

hours of outdoor fun
plus a JMU crop design!

2124 North River Rd.
Mount Solon, VA 22843
540.290.9740

adult rates:
just \$8

showalterscornmaze.com

Love to read?
Help edit our articles.

Apply for copy editor
at joblink.jmu.edu.



College and Sorority Beads

Available for bracelets or necklaces

 Special Order NOW!
Prices Starting at \$49

Christine's
The Hardware Store for Women
48 South Carlton St.
Harrisonburg, VA 22801

Officially Licensed. The highest quality sterling silver sorority beads on the market. These unique beads are completely compatible with any bracelet line, including Pandora.

540-432-6841

Hours: 10am-5pm Monday-Friday
Starting Saturday Sept. 22 10am-2pm.

Classifieds

Thursday, September 13, 2012 **13**

HOW TO PLACE AN AD IN 4 EASY STEPS

Go to www.breezejmu.org/classifieds
All classifieds are placed on The Breeze website at no additional cost

- 1 Log in from the menu, register as a new user
- 2 Once logged in, select "place new ad"
- 3 Fill out the online form
- 4 Select "click here to submit your ad" for payment & review

DEADLINES

MON. ISSUE: FRI., 12PM
THURS. ISSUE: TUES., 5PM

PAYMENT OPTIONS

Major Credit Cards
MasterCard
Visa
Discover
American Express
Cash
Check

Questions? Call 568-6127

SERVICES

MEET THAT SPECIAL SOMEONE! Join Now For Free and Get a Chance to Win a Free HDTV www.MyCustom-Match.com/js413

BOARD YOUR HORSE AT KEMPER KNOLL FARM, 12 min. from JMU, beautiful facility, rings, trails, lessons available, 540-246-1910

MUSIC FOR BABIES, TODDLERS, PRESCHOOLERS, 6-7 & PARENT Tues pm and Wed am. w/ singing, dancing, instruments. Classes begin 9/25 Julia J. White, M. M. Director. Youngartistsmusic-studio.com or jjwhitebut@aol.com.

WANTED

RAINCROW GAMES, an indy LBG studio is looking for a developer skilled in xcode and obj-c. Part-time, with potential of contract-to-hire in the near term. Must learn fast, write clean code and work well with existing designers/engineers. 540/383-7864 www.duskfalling.com

FOR RENT

NEXT YEAR: Excellent Six bedroom house. Close. Owner managed. 540.810.3632

3 BDRM, 11/2 BATH TOWN-HOUSE, near JMU, Aug. 2012, \$975.00. University Court.

RESPONSIVE MANAGEMENT (www.responsivemanagement.com), a wildlife/natural resource research firm is hiring professional, reliable employees to conduct telephone research surveys (NO SALES). Part or full-time, open 7 days, evening hours. Schedules vary based on project needs. Must work alternate weekends. Apply at 130 Franklin Street. EOE.

\$BARTENDING\$ \$300/Day Potential No Experience Necessary Training Available 1-800-965-6520 XT212

JOIN AVON Need cash for books, tuition, fun? Sell AVON/MARK on campus and to friends/family. Flexible schedule. Free website. Contact Heidi@heidiburgan@hotmail.com Text 571-281-5882 sign up at www.start.youravon.com Ref. Code: HTHOMES

ROOM FOR RENT in lovely home near J.M.U. and Downtown. Private Bath. Quiet, beautiful location. All utilities. \$500.00 540-435-1732

ROOMMATES, 5, SAVE \$129/MO - Rent only \$300/mo. Female roommate wanted for Squire Hill Apartment. Pet friendly. This is a great deal. Call Jess 508-240-4611

FURNISHED ROOM FOR RENT IN PRIVATE HOME. Quiet, beautiful location. Near JMU, BC, EMU. Personal bathroom. Utilities included. \$500.00 540-435-1732

Always be up to date



the breeze mobile app
available in the itunes app store

your source for local coupons, specials, events & more

breezejmu.org/marketplace

MARKETPLACE

RED FRONT SUPERMARKET

Welcomes College Students!

Students with JAC card receive 10% off purchase!*

Weekly Specials

Visit Our Website to View Our Full Weekly Ad! (Prices Valid Through 09.18.12)

\$1.99

Maple Brand Glazed Donuts (12 ct)

\$7.99

Dunkin' Donuts Coffee (11-12 oz)

\$2.00

Campbell's Chunky Soups (18.6 - 19 oz)

\$1.99

Kellogg's Pop-tarts (8 pk)

\$2.00

ChiChi's Salsa (16 oz)

\$3.00

Frito Lay Tostitos (9 - 13 oz)

*Valid 2012-2013 School Year. Excludes Special Orders, Catering, Delivery Orders and Gift Cards

redbox

Find us on Facebook



REDFRONT.COM | 540-434-0850

677 Chicago Ave, Harrisonburg, VA 22802
Monday-Saturday 7am-9pm & Sunday 12 noon-6pm

DOUBLE YOUR REWARDS

WITH A COMMONWEALTH ONE
VISA PLATINUM CREDIT CARD WITH CUREWARDS



Apply today and earn double points
at grocery stores, gas stations and restaurants
throughout September 2012.

Commonwealth One
Federal Credit Union
Your Lifetime Financial Partner

659 MY COFCU
James Madison University
Gibbons Hall
Harrisonburg, VA 22807

www.facebook.com/cofcu

Federally Insured
by NCUA

HARRISONBURG
PREGNANCY
CENTER
EMPOWERING WOMEN SINCE 1984

I am...

Secure.

All services are
free and confidential.

Call 540.434.7528 to
book an appointment

833 Cantrell Ave.
(Across from the Hardees & CVS)

harrisonburgpregnancy.org



revolutionizing
student living



join the interest
list today

MYASPENHEIGHTS.COM